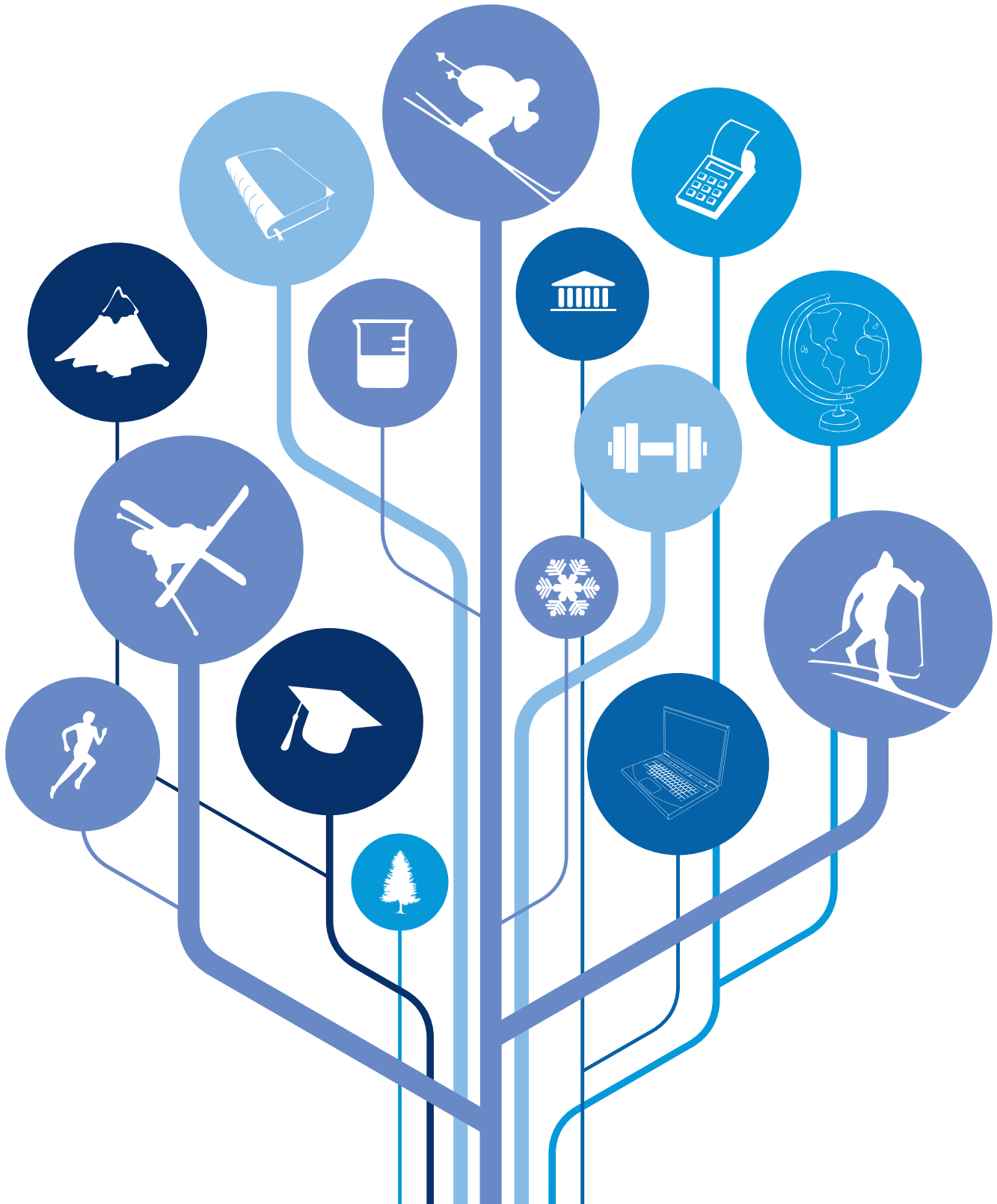




# VIEWS FROM THE SUMMIT

Summer 2014



# SUGAR BOWL by the numbers

## Miles Driven This Season By Our U18/U21 Coaching Staff

**53,770**  
total miles driven

15,295 miles  
Devin Gill  
Men's Alpine U18/U21 Coach



18,181 miles  
Katharina Golik  
Director of Sports Science &  
Head Women's Alpine U18/U21 Coach



20,294 miles  
Jeff Kai  
Head Men's Alpine U18/U21 Coach



**4**  
national parks visited this  
spring by staff and students on  
Experiential Education Trips

**307 124** bras and  
dollars raised by the  
Older Girls' Advisory for the Free  
the Girls Foundation



**12**  
student-athletes rode  
the entire 120 miles of our  
Lake Tahoe Century



**184**  
dollars raised by  
the Student Council  
for High Fives and  
Project Mana



**14**  
alumni in attendance during  
our 2014-2015 year-end  
events, including graduation

**27**



water bottles abandoned (and, therefore,  
donated to the thrift store) on campus  
when school closed for the summer

**6**

SBA student-athletes who qualified  
for U18 Nationals



**100%**  
of SBA Nordic skiers  
qualified for Junior  
Nationals

**23**

podium finishes by  
SBA freeriders this season



# A NOTE FROM THE HEAD OF SCHOOL



Tracy Keller, Head of School

Year after year, we planted hearty florae in the built-in flowerbeds at the entrance to the Old 40 site. They usually looked nice for Opening Day, but by the time we returned from our orientation trip five days later, they had been wind damaged beyond revival. I finally conceded that the only thing growing on Donner Summit was our student body.

As we wave our final goodbyes to the Old 40 site and plant stronger roots here in the Village at Sugar Bowl, we take our next step—one that will undoubtedly help propel us from good to great. Today, we have state of the art facilities, a strong mission, and a robust infrastructure. However, our students and staff are what give life to our organization, that animate the halls of our school, and that inspire us to push our program forward.

This issue of *Views From the Summit* is about the life of our school—the things we do for fun, the ways in which we learn, and how we make meaning out of life on Donner Summit. I hope it gives you insight into the ways our students grow beyond what you see on Live-Timing and the result sheet. When I first arrived at Sugar Bowl Academy, there was little more to the SBA experience than attending traditional classes or traveling to competitions. It's hard to believe that today our student-athletes are traveling to Latin America to engage in service learning in their “down time.”

The snow melted early this year, but our re-vegetated areas surrounding the new buildings remained dry and brown for what seemed like forever. Then one warm, spring day, the first green shoots popped through the soil and the maple saplings sprouted the first red buds. While I still have little faith that Donner Summit is an inhabitable environment for fragile plants, the trees have grown leaves and the flowers have bloomed—just as we have.

Tracy Keller, Head of School

## ***Tracy's Recommended Summer Reading List:***

*The Boys in the Boat*, Daniel James Brown  
*Brain Rules*, John Medina  
*How Children Succeed*, Paul Tough  
*Imagine*, Jonah Lehrer  
*Mindset*, Carol Dweck  
*Open*, Andre Agassi  
*The Talent Code*, Daniel Coyle  
*Talent Is Overrated*, Geoff Colvin  
*Unbroken*, Laura Hillenbrand



# COFFEE, METEOROLOGY, & WAX

By Martin Benes

In a sport where efficiency is key, the right wax is paramount. It reduces friction with the snow, and allows our skiers to go faster with less energy. Nordic coaches spend hours preparing skis, sometimes wondering how much of a difference it actually makes. We can see the difference as SBA athletes pull away on the downhill and effortlessly accelerate on the flats. Obviously, there is a huge amount of training that goes into race day, and waxing alone won't make a skier fast. It is, however, one more piece of the puzzle.

Every race day, Nordic coaches go through hours and hours of ski prep and wax testing. Ski testing often starts a day or two before race day, as you start to watch the weather forecast. Your life becomes a study of trends, temperatures, and chances for precipitation. Most Nordic coaches spend their seasons as amateur meteorologists, pretending to know what the weather and snow conditions will be like two days in advance.

## **RACE DAY ARRIVES**

It is time to focus in. Most of the training and preparation work has left our athletes pretty self-sufficient on race days, allowing coaches to focus in on the important piece of ski prep. It is a 10 AM race start, and so the coaches will arrive hours early.

**7:30 AM.** Arrive at the venue with athletes' race skis, wax tables, wax boxes, test skis, and coffee. Coffee is key. We set up the wax tables and lay out the test skis. The athletes' skis are often laid out in order of start, but today with a mass start race, everyone is heading out at the same time.

**8:00 AM.** Begin the testing process. Most glide wax testing is done by "feel." This highly unscientific method pits skis against one another, looking for the fastest option. All test skis are skied on for multiple kilometers; switching skis midway through the test course is common.

**8:30 AM.** Two skis begin to emerge from the others. When testing, you are trying to feel how skis run going up hills, over the top/breakaway speed, and maximum speed. These are hard things to get a sense of, and it takes a lot of practice to get a feel for them. The important thing is to find the most consistent and fastest ski.

**8:45 AM.** We make a final call and begin to wax the athletes' skis. All the skiers get the same treatment. Fluorinated (a.k.a. the most expensive) waxes are key to giving our athletes the best opportunity to be successful. One coach will continue to test throughout this process, ensuring that we are up-to-date with our call.

**10:00 AM.** The race starts. We watch our athletes head out and into the first downhill. A few toward the front pull away from the racers behind and the others gain spots as they glide through the field. There is some satisfaction and definite relief in the coaches' camp. We made the right call.



# FROM HIGH-TECH TO LOW-TECH AND BACK AGAIN

By Peyton Jobe

Within the classroom environment, SBA's 1:1 iPad program engages students and helps inspire new models of instruction and project-based learning, sharpening our school's focus on the cultivation of the 21st Century skills of creation, collaboration, communication, and critical thinking.

Getting outside of the classroom environment to immerse ourselves in other cultures and ecosystems as we do during our experiential learning "Trips" week is also how we are transforming teaching and learning at Sugar Bowl Academy.

This spring, SBA Spanish teacher Aly Kendall and I organized a week-long experiential learning/service trip to the Dominican Republic, where we worked alongside eight SBA students teaching English in a small town public school through the non-profit Outreach360.

We had none of the high tech tools to which Sugar Bowl Academy teachers and students have grown happily accustomed; no iPads, no LCD projectors, no wireless routers, no Apple TV for mirroring, certainly no air conditioning, and not even a photocopier.

"I had to teach for the first time, which was a shock in itself. But, I also taught children who spoke a different language, in one of the hottest climates in the world, and in overcrowded classrooms without windows," said SBA's Sinead Danagher ('16).

One of our objectives during our week of English teaching at the Escuela Básica John F. Kennedy in Monte Cristi was to teach the concepts of the words "this, that, these, and those." A considerable amount of critical thinking, creation, collaboration, and communication went into developing that particular lesson plan within and between our two teaching teams.

Students certainly recognize the value of Sugar Bowl Academy's experiential learning trips, both in terms of their own development and of the benefits that service-focused experiential learning trips can offer to others living in less fortunate societies.

"I grew by having my eyes opened to the culture and struggles of the Dominican people, and by leaving a positive impact on the community," said Sinead.

Being away from their tech-infused environs also helped our students grow in ways that they most likely had not foreseen. Without the powerful pull of their mobile devices, students found themselves engaging one another on a very personal level.

"Being without Internet in a mostly contained environment for 8 days made everyone spend more time together. We played cards for hours and everyone became much closer," said Sinead. "I don't think I understand the meaning of life but, I think I understand happiness and generosity a bit more. Once you are removed from materialism, you can truly appreciate the wonders all around you."

In the Dominican Republic learning at a poco-a-poco pace was, for the student-teachers from Sugar Bowl Academy, and remains, I suspect, for most all teachers in the developing world, the most realistic expectation. The many rewards, however, of this experiential trip—though intangible—were rich and deeply satisfying.

Said Kathleen Smith ('17), "One day there was a boy in second grade named Luis, and he wasn't understanding the concept I was teaching him. There was clearly a language barrier, and I could have gotten really frustrated... He finally got it, and it was the best feeling in the world to see him smile and feel proud. It was amazing!"



# DWARF MISTLETOE ON DONNER SUMMIT a biology study

By Peyton Jobe

Experiential learning is taking root and flourishing even when our student-athletes aren't teaching elementary school in the Dominican Republic, scuba diving in Santa Catalina, rafting the Klamath, or repelling into Zion's subway. The school day and Donner Summit's ecosystem also offer a wealth of opportunities.

Headwaters Science Institute (<http://headwatersscienceinstitute.org>) came to campus this spring to further refine a pilot curriculum of dwarf mistletoe studies with the students enrolled in Andy Giordano's Biology class.

"Dwarf Mistletoe is a fairly ubiquitous parasite," explained Giordano. "It ranges all over the country, and studying it is as easy as walking out the door of the school."

The study conducted by the class looked closely at how organisms interacting within ecosystems evolve and develop survival strategies.

Said Giordano, "The question is: Is a parasite going to really impact the host in a major way and kill it quickly, or is it going to be able to live off the host for a long period of time?"

"Dwarf Mistletoe can survive for a long time."

In addition to the goal of learning more about the parasite itself, Giordano was working to model the scientific questioning process for his budding biologists.

"Within this framework, the kids formulate their own questions, so they're driving at answers to their own questions relating to the cost/benefit strategies that result from parasitic relationships. We have little control over what questions the students seek to pursue. If they hit on questions that get at these strategies, then that is one measure of the effectiveness of the exercise."

Among the questions SBA Biology students sought to answer were the following:

- How much water does dwarf mistletoe need before it grows shoots?
- Could dwarf mistletoe survive on a dead tree?
- Does dwarf mistletoe grow more frequently close to the trunk or far from the trunk?
- Does it prefer the upper or lower half of the trees?

Said student Hannah Halvorsen ('16), "I learned a lot from this lab because it helped me understand the impact of invasive species on the environment. It gave me perspective on how important the trees are to us and all the other aspects of our local ecology that depend on them. It led me to think about how I personally interact with the Donner Summit environment and what negative and positive effects I am creating."



According to James T. Hoffman at the U.S Forest Service, "Dwarf mistletoe parasitism reduces the growth, wood quality, seed production ability, and lifespan of infected host trees... Dwarf mistletoes are small leafless plants. They are entirely dependent upon their hosts for water, nutrients, and support."

# A BEAST FABLE



This spring, British Literature students were asked to write a poem that was either a moral tale (you learn a lesson at the end) or a beast fable (you learn something through a story told through animals) reflecting on their experiential education trips. Xander Guldman ('16), who attended the Southwest National Parks' Trip where students explored three of the country's most beautiful parks—Great Basin National Park, Zion National Park and Grand Canyon National Park— provided a

provided a remarkable tale of a “Misunderstood Squirrel.” The trip was designed to provide insight into the formation of the park system, their importance in fostering stewardship, and human impacts on national parks.

## “The Misunderstood Squirrel”

By Xander Guldman ('16)

*Valiant, daring, cunning, brave,  
the squirrel was one to misbehave.  
He scavenged, foraged, and searched for food,  
regardless of surroundings or current mood.  
Any day of the week, or time of year,  
he was courageous, without fear.  
The squirrel was always willing to risk it,  
If it meant that he could obtain a biscuit.*

*Other species did not understand his predicament  
of a need to live so belligerent.  
His home was invaded and became  
a national park, but it was not the same!  
Humans could wander and invade his space,  
yet he was deemed the inferior race.  
All beings have a right to survive,  
so why is it wrong for him to thrive  
off the food that humans bring from afar  
and leave their tents extremely ajar?  
Furthermore, the humans would feed  
his brethren significantly more than a seed.  
Actually, the humans would  
deliberately feed them more than they should.  
Cheetos, bread, apples, pears,  
are all examples of what they shared.*

*Because of this peculiar treatment, his brothers had adapted  
to seize these opportunities that were bound to happen.  
Their nature had changed,  
but are they truly the deranged?  
The humans had invaded and changed their ways,  
yet the squirrels were the ones who were reappraised.*

*For months on end, the squirrel had been low on food;  
winter time had set the mood  
for hibernation, and grueling cold.  
At this point he would eat anything (even mold)!*

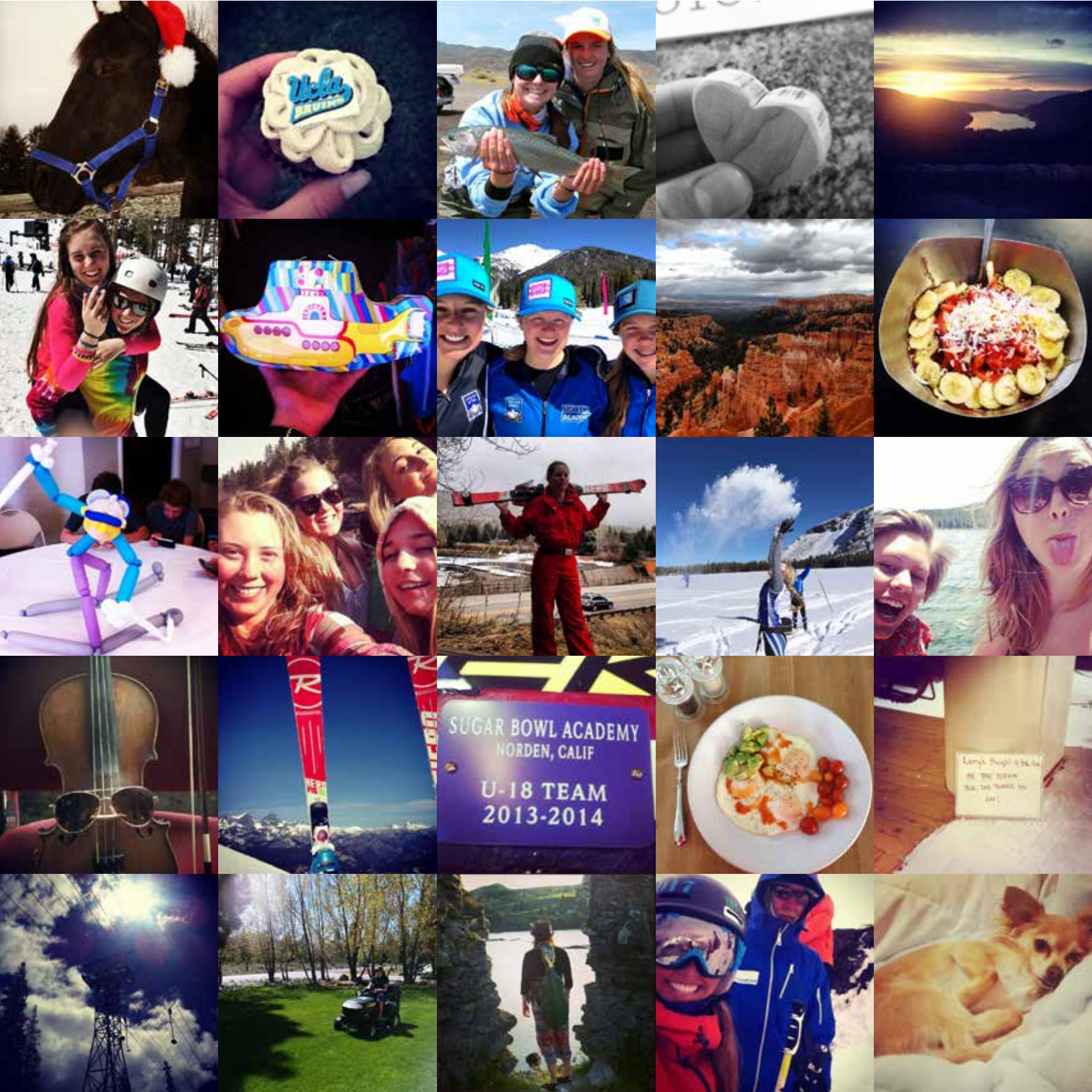
*One beautiful day, the squirrel did,  
spy a backpack that had an open lid.  
He did not immediately view  
a human to guard it; something must be askew.  
He looked up, down, and all around,  
and finally he saw a human, above the ground.  
He was on a wall, sitting in peace,  
so the squirrel decided to take the risk and ignore the “police.”  
He scurried forward and began to nibble the fabric  
that acted as the material of the backpack.  
He was close to food; he could smell it now!  
But suddenly something came crashing down!  
He scurried away, but to no avail;  
the object had fallen on his bushy tail!  
It was painful and brutal,  
but it was worth it to reach the strudel.  
He gritted his teeth and ran away,  
but looked behind him once more to conclude the day.  
He saw his adversary who was on the wall,  
and wondered why he, the squirrel was forced to crawl.  
The boy had dropped a backpack on his tail,  
but didn't seem to care when the squirrel flailed.*

*The squirrel went home dejected and misunderstood,  
and hoped one day that the humans would  
one day decide to treat nature with respect,  
leave it in peace, and act correct.*

*Do not invade one's home,  
unless you simply plan to roam.  
Changing what was already there  
is inappropriate and quite unfair.  
Respect nature's boundaries, and do not change  
what was once a free and beautiful range.*

# 80 DAYS OF AWESOME an advisory project

The 11th and 12th Grade Girls' Advisory kicked off the spring trimester by embarking on a journey of "80 Days of Awesome." The journey provided moments of self-reflection and appreciation while keeping spirits high. Every day for 80 days, each student uploaded to Instagram a photo of something in her life she deemed "awesome." Here are a few highlights.





# WHO IS YOUR HERO? an advisory project

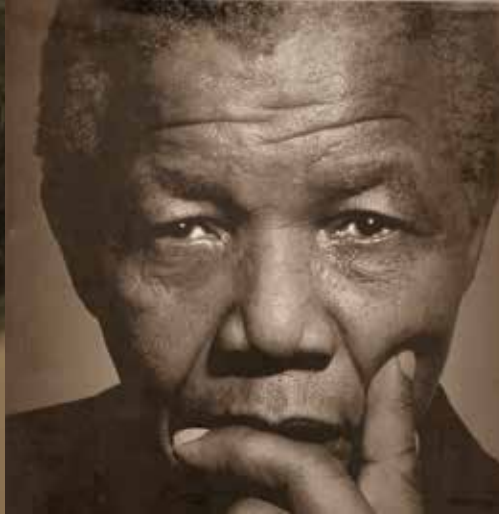
As part of the 9th and 10th Grade Advisory program, students were asked to select a hero and examine how this person influenced his/her community. Students then provided a quote and recreated a photo of their hero as accurately as possible.

Here are their heroes...who would be yours?



JP Fourie ('16)

*"If you talk to a man in a language he understands, that goes to his head.  
If you talk to him in his language, that goes to his heart.  
If you want to make peace with your enemy, you have to work with your enemy.  
Then he becomes your partner."  
- Nelson Mandela*



Pilar Alvarez ('16)

*"Women, like men, should try to do the impossible. And when they fail, their failure should be a challenge to others."  
-Amelia Earhart*



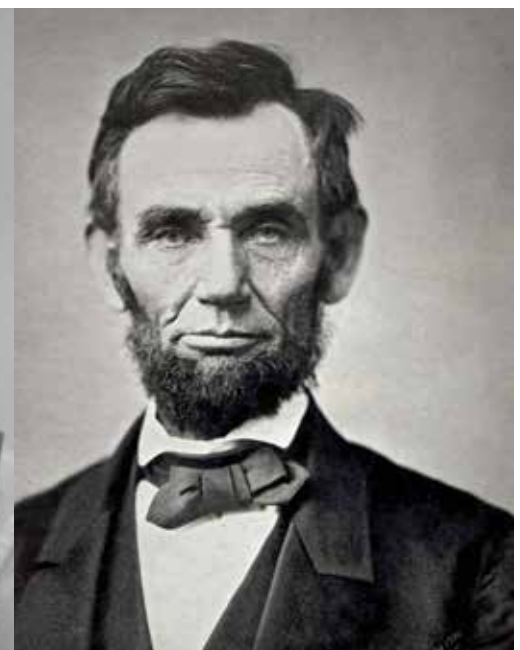
Domenic Salvo ('16)

*I look to a day when people will not be judged by the color of their skin, but by the content of their character.  
-Martin Luther King, Jr.*



Louis Norris ('17)

*"America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves."  
-Abraham Lincoln*



# WELCOME HOME

On January 19th, 2014, the new dorm officially opened—turning a new leaf in the residential life chapter of Sugar Bowl Academy. While the “Old 40” site will be missed for its rustic character, students welcomed the opportunity to make this new building their home. Thank you to all who helped make this dream a reality!



*Head of School, Tracy Keller, and Alumni, Riley Plant (who worked on the construction of the new dorm), officially opening the new dorm.*



*Before*



*After*

# ALUMNI UPDATE

SBA hosted its first formal alumni gathering on June 14th prior to graduation: an alumni hike led by Candice and Douglas Brooks and brunch at the new academic building. Future events are in the works...be on the lookout for information regarding a winter holiday gathering and ski day.



## TAYLOR ELICEGUI '13

**Taylor just completed her first year at Hamilton College and is interning for Senator Harry Reid in Washington D.C. this summer.**

SBA: Is there anything about your SBA experience, skiing, or ski racing that has helped you in your current pursuits (jobs, school, personal life, etc.)?

*Taylor: “The one thing that SBA provides more than any other school is time management skills. SBA asks a lot of its students, there’s no question there. You are busy from sun up to sun down, literally. However, when I got to college, I was appalled by the time management skills some people have. Through my time at SBA, I learned to manage my time unbelievably well.”*

## NEW HIRE: FORMER USST COACH SETH MCCADAM JOINS THE SBSTA COACHING STAFF

We are proud to announce that Seth McCadam has recently joined the Sugar Bowl Ski Team and Academy as our Head U16 Coach and Director of Alpine Athlete Development. Seth spent the last ten years coaching our nation's top alpine racers for the U.S. Ski Team. He joins SBSTA with a wealth of knowledge and exceptional experience in science-based coaching methodologies that will enable Sugar Bowl to become a model program worldwide. It is a testament to our entire community that Seth chose Sugar Bowl over the other opportunities available to someone with his talent and experience. He is deeply respected within the sport and maintains professional connections throughout the world. Most importantly, Seth understands and believes in our mission and the importance of cultivating grit, grace, and courage in our all of our athletes.



## SBA ALPINE AND NORDIC SKIERS NAMED TO USSA NATIONAL TRAINING GROUP

Two Sugar Bowl Academy student-athletes—alpine racing standout Luke Winters ('15) and Nordic skiing phenom Hannah Halvorsen ('16)—have been selected to the U.S. Ski and Snowboard Association's National Training Groups (NTG).

NTG selection qualifies Winters, 17, and Halvorsen, 16, to participate in both national and international U.S. Ski Team camps and train regularly alongside the nation's elite skiers. Both athletes were selected based on their impressive results during the season.

For Winters who hails from Gresham, Oregon, NTG selection means a world of opportunity. NTG camps are slated for New Zealand this summer and a racing trip to Europe in January 2015.

For Truckee's own Halvorsen, who qualified earlier this winter to race against many of the world's top Nordic skiers in Finland at the Scandi Cup races, NTG qualification means another opportunity to test her skiing on the big stages. Hannah will have the opportunity to attend some elite level camps, including a U.S. Ski Team camp in Park City in October.



# SUGAR BOWL ACADEMY

P.O. Box 68 | Norden, CA | 95724

Ski Team: 530.269.7401 Academy: 530.426.1844

www.sbst.org or www.sbacademy.org



## CONGRATULATIONS CLASS OF 2014



Below reflects the colleges of matriculation

**Julia Bjorkman** - University of New Hampshire  
**Elise Hardy** - University of Vermont  
**Camille Hartley** - University of California, Santa Cruz  
**Hannah Johnson** - Bates College  
**Erika Klenk** - Westminster College

**Danielle Nivinski** - University of California, Los Angeles  
**Bria Riggs** - Bates College  
**Daisy Schadlich** - University of California, Berkeley  
**Marcus Talbott** - Williams College  
**Pieter Weemaes** - Harvard University